



**2024 Summer Provincial Championships  
Technical Bulletin**

**HOSTED BY:**



**VENUE**

Canada Games Aquatic Centre  
910 McGill Rd, Kamloops, BC

**POOL**

8 x 50m competition pool  
Leisure pool available for cool down



# 2024 Summer Provincial Championships Technical Bulletin

## CONTACTS

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<b>Meet Manager</b>	Russ Tulloch	<a href="mailto:meets@swimkamloops.com">meets@swimkamloops.com</a>
<b>Meet Referee</b>	Kerim Ozcan	<a href="mailto:kerim@ozcanomfs.com">kerim@ozcanomfs.com</a>
<b>Para Advisor</b>	Marilyn King	<a href="mailto:loveswimming2023@gmail.com">loveswimming2023@gmail.com</a>
<b>Swim BC &amp; Entries Contact</b>	Melissa Webster	<a href="mailto:melissa.webster@swimbc.ca">melissa.webster@swimbc.ca</a>

## PRE-MEET TRAINING

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There will be limited open training time available for all teams on:

**Wednesday, July 10<sup>th</sup> – 5:00pm – 6:00pm and 6:00pm – 7:00pm**

**8 Lanes LCM**

Diving is not permitted.

Team Registration is required prior to access pre-meet training:

Please email [meets@swimkamloops.com](mailto:meets@swimkamloops.com) by July 9<sup>th</sup> and provide an approximate number of swimmers.

## SESSION TIMELINE

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	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Prelims Warm Up</b>	7:00am – 8:20am*	7:00am – 8:20am*	7:00am – 8:20am*	7:00am – 8:20am*
<b>Competition Start</b>	8:30am	8:30am	8:30am	8:30am
<b>Finals Warm Up</b>	4:00pm – 4:50pm	4:30pm – 5:20pm	4:30pm – 5:20pm	4:00pm – 4:50pm
<b>Competition Start</b>	5:00pm	5:30pm	5:30pm	5:00pm

\* Please check your exact warm up time for prelims in the following 'Warm-Up Procedures' section.

## Coaches Meeting

A coaches meeting will be held 10 after group 2 warm up starts (7:50am) on Thursday and as necessary throughout the meet. Location will be posted at the Admin Desk.

## CHANGES TO MEET PACKAGE

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No changes to events (outside of scratches) will be allowed.

Scratch deadline for Prelims:

Friday Prelims	6:00pm Thursday
Saturday Prelims	6:30pm Friday
Sunday Prelims	6:30pm Saturday

Warm Up / Swim Down Sessions have been added to Prelims at the following times:

Thursday Prelims	15 minutes after Event 6
Friday Prelims	15 minutes after Event 26
Saturday Prelims	15 minutes after Event 44
Sunday Prelims	15 minutes after Event 54

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## WARM-UP PROCEDURES

Athletes are NOT to enter the water without lifeguards on deck and Safety Marshals in place.

Coaches and swimmers should familiarize themselves with the use of Backstroke Wedges.

### Assigned Warm Up Schedule:

Please check for your team's group and daily warm up schedule. This is for Prelims *ONLY* – there will be no assigned warm up times for any Finals session.

<b>Group 1</b>		<b>Group 2</b>	
<b>Team</b>	<b>#</b>	<b>Team</b>	<b>#</b>
CHIN	7	CHENA	16
CSSSC	7	CKSC	1
GLEN	1	DELTA	8
HST	7	GATOR	10
KISU	19	HYACK	20
OS	75	KAJ	43
PGB	2	KCS	20
PRASC	1	RAC	2
PSW	39	RAPID	30
SFC	5	SOSC	3
SKSC	27	SPART	22
TBSC	1	SQUP	12
VKSC	13	UNAT	1
WSC	14	VPSC	16
		WDSC	3
		WGB	3
		WLBF	7
		WVOSC	17
<b>Total</b>	<b>218</b>	<b>Total</b>	<b>234</b>

### GROUP 1 WARM UP TIMES

Thursday Prelims	7:00 – 7:40am – sprint/pace 7:25am <i>Para Lane until 7:25am (Lane 1)</i>
Friday Prelims	7:40 – 8:20am - sprint/pace 8:05am <i>Para Lane until 8:10am (Lane 1)</i>
Saturday Prelims	7:00 – 7:40am – sprint/pace 7:25am <i>Para Lane until 7:30am (Lane 1)</i>
Sunday Prelims	7:40 – 8:20am - sprint/pace 8:05am <i>Para Lane until 8:10am (Lane 1)</i>

### GROUP 2 WARM UP TIMES

Thursday Prelims	7:40 – 8:20am - sprint/pace 8:05am
Friday Prelims	7:00 – 7:40am – sprint/pace 7:25am
Saturday Prelims	7:40 – 8:20am - sprint/pace 8:05am
Sunday Prelims	7:00 – 7:40am – sprint/pace 7:25am

### FOR ALL WARMUPS – LANE DESIGNATIONS

Sprint Lanes	Lanes 2 & 8
Pace Lanes	Lane 3
Para Lane	Lane 1

### FINALS WARM UP

Competition pool will be open, no assigned times except:  
Para Lane (Lane 1) for first 30 minutes of each session

**Diving is one direction only once the lane is clear and only in designated lanes.  
Swimmers are to swim to the end of the pool and exit there.**

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## MEET FORMAT

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### Time Outs (estimates only):

	Morning Sessions	Afternoon Sessions
Thursday	11:56am	7:46pm
Friday	11:39am	8:25pm
Saturday	12:33pm	7:58pm
Sunday	11:45am	7:52pm

Prelims: Dive overs except for Backstroke Events

Prelims: Pool will be cleared between races for para events

Finals: Pool will be cleared between races

### 800 Free & 1500 Free:

Positive Check-in deadline:

Thursday	800 Free	8:30am
Friday	1500 Free (11-14)	8:30am
Saturday	1500 Free (15 & O)	8:30am

On Thursday (800 Free) we will swim the top 8 per age group (11-14 and 15& Over), per gender in finals (4 heats)

### Relay Name Change Deadline:

All AM Relays	8:00am
Thursday Relays:	4:30pm
Friday Relays:	5:00pm
Saturday Relays:	5:00pm
Sunday Relays:	4:30pm

**Names submitted for Relays through the entry process will be considered final UNLESS a change is requested. Relay name changes are to be submitted to the Admin Desk on forms provided 30 minutes prior to the session in which they are swum.**

### Para-Swimming Events:

Female Para events will run as Timed Finals in the final's session.

### Potential Record:

If you believe your swimmer has the potential to break a provincial or national record, please inform meet management at the Administration Desk and ensure that you can provide two stop watches on your swimmer.

### Swim Offs:

Where possible, swim offs will be run by the end of the session which the tie occurred.

### Alternates for Finals:

Alternates should stand near the starter's podium and check in with one of the referees prior to their event.

## OFFICIALS SPLIT REQUEST

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Official Split request must be submitted to Meet Admin Desk prior to the start of the session that the event is being swum.

**Club must provide 3 timers for the Official Split.** Those timers are to check in with the Meet Admin Desk 20 mins prior to the race.

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## Technical Bulletin

### PROVINCIAL RECORDS

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Provincial Records will be listed in the prelim and final heat sheets. Because the Provincial Meet age groups do not match the Provincial Records, there is a discrepancy in the labeling of records in the heat sheets:

11-12 records labeled correctly.

13-14 records labeled correctly.

15-17 records labeled as 15-16

Open (18 & O) records labeled as 17 & O.

Records set by 17-year-old will be recognized as a 15-17 record, even if they are achieved in different event number.

### JURY OF APPEAL

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Your coach selections are:

Brad Hutton	HST
Jy Lawrance	PSW
Vincent Chung	CHEN

### TAPING

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If a swimmer intends to swim with tape on their body, please have them present themselves to the Taping Committee via the Meet Admin Desk prior to the session they are swimming in. The Taping Committee's decision will stand for the duration of the meet for that presented swimmer. Medical Devices (i.e. electronic insulin pumps) are not required to check in prior to swimming.

#### Taping Committee:

Kerim Ozcan	Meet Referee
Marilyn King	Para Advisor
Cory Beatt	Swim BC Technical Director

### AWARDS & SCHEDULE

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Awards presentations for all Finals will occur once the final has been made official, **the Top 3 swimmers of that Championship Final are asked to immediately report to the podium upon official results being announced and ratified.**

Medal podium is located on the on the North side, start end – close to the Children Duck slide (*Parent access for photos is via the double doors off the breeze way*).

#### Exceptions:

1. All Para awards will be presented as quickly as possible after each event.
2. If there is a delay in the race being listed as official, Meet Management will announce when that event's awards will be presented.

#### Aggregate Awards and Team Championship Banner:

To be presented at the end of Sunday Finals.

#### Ribbons:

Ribbon packages will be available at the end of Sunday Finals. Coaches are responsible for picking up their packages before they leave.

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## POOL DECK & SPECTATOR AREA

### General:

All athletes, coaches, officials, volunteers, and spectators are to respect the directions of the Canada Games Aquatic Centre lifeguards and facility staff.

Clean-up of the facility will occur throughout the day, between sessions and overnight – Participants are asked to be responsible for their own belongings and equipment. Please remove all personal belongings from the facility in between sessions and overnight. All items left behind will be removed. The Canada Games Aquatic Centre staff and the host club are not responsible for lost or stolen items.

All competitors are asked to use personal water bottles and use the water bottle filling stations located on the pool deck within the facility. The facility will respect the swimmers' need to ensure proper nutrition as it relates to performance. However, food is not permitted on the pool deck. Absolutely no glass containers will be permitted in the facility. Please place all garbage in the appropriate bins provided.

Team banners can be set up – if on walls, paint safe tape must be used.

### Athletes:

Outside footwear is not permitted on the pool deck or shower areas. All participants must shower before entering the water.

An announcement will be used to clearly communicate that all swimmers must exit the water.

### Facility:

You may enter the facility and have access to the facility:

Thursday	6:00am entry
Friday	6:00am entry
Saturday	6:00am entry
Sunday	6:00am entry

Access to the change rooms and pool deck:

Thursday	6:00am entry
Friday	6:00am entry
Saturday	6:00am entry
Sunday	6:00am entry

Athletes are to set up in the following areas:

- Designated areas on the pool deck
- Outside in Breeze Way between TCC Field House (indoor running track) and Aquatic facility (*see image to the right*).
- North half of field house (indoor running track) in main TCC building. *Access is via rear doors of the TCC facility.*

Athletes are not permitted to set up in the bleachers.

No food on the track surface, please eat/drink on hardwood court surface.

Limited number of stationary bikes provided for warmup/cool down, please use with respect.

Coaches will have space at a table on the pool deck.

The hot tub, sauna, and steam room are not open to swimmers.

North half of field house (indoor running track) in main TCC building. Live streaming of the meet will be provided. *Access is via rear doors of the TCC facility. Access is not permitted in or through the main TCC facility.'*



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## Spectators:

Congratulations on your swimmer qualifying for the 2024 Summer Provincial Championships! We are excited to host!

Please note that no outside chairs will be allowed on deck.

No spectators on the pool deck. Please leave your space clean and clear between sessions

## Spectator Areas:

- All Spectator seating is in the bleachers on the South side of the building on the upper mezzanine. Access is via the aquatics entrance on the South side of the building in the upper parking lot.

Meet live streaming will be provided in the facility.

## LIVE STREAMING

Swim BC is working with [Sports Canada TV](#), Canada's premier online amateur sport network, to provide live streaming for all Divisionals and the Provincial Champs.

Access to the Livestreaming: [Swim BC YouTube Channel](#)

**Please be courteous of others and the swimmers when taking pictures and videotaping from the spectator areas during the meet.**

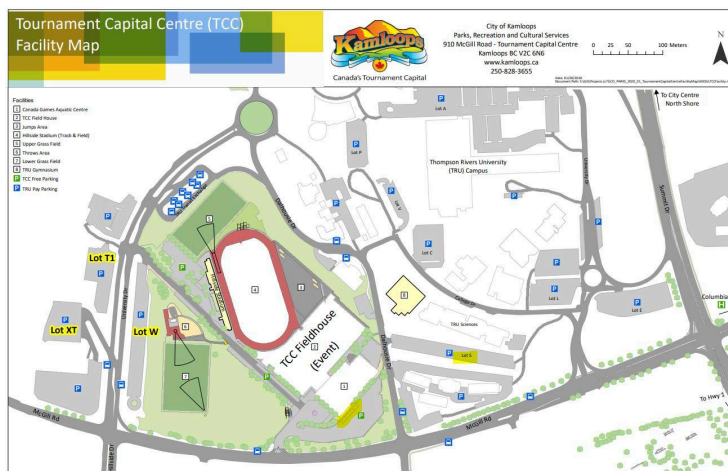
## FACILITY

### Wi-Fi:

City provided free Wi-Fi: City of Kamloops - Public

### Parking:

- Parking is limited and drivers are requested to observe all NO Parking zones.
- Lot M & S offers Free Parking on Sat. & Sun. Lots W, XT, and T1 are also available to the West of the TCC. Parking is limited, please allow extra time to find a spot and get to the facility.
- Parking in TRU lots is available Saturday and Sunday only.
- Access to the Pool is across Dalhousie Dr. through the NE entrance.
- Currently there is 2-hour Free Parking. Additional parking costs may be waived during special events.
- Absolutely NO PARKING in the reserved Sage Physiotherapy spots
- Absolutely no RV parking as per City bylaw.
- Entrance to the TCC facility will be from the new lobby attached to the mezzanine area, see map below.
- Entry is not permitted from the TCC front entrance lobby area.



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**Washrooms:**

One unisex toilet in the upper mezzanine area by the bleachers.

Other washrooms are located in the TCC facility main lobby to the right of the entrance admin desk.

**Food & Beverage:**

Small coffee shop for sandwiches and snacks located in the main TCC Lobby. For more options, please see the attached Tourism Kamloops brochure.

**Tobacco/Cannabis-Free Facility:**

Canada Games Aquatic Centre is a tobacco/cannabis-free facility.

**Lost and Found:**

Lost and found items will be located in the Canada Games Aquatic Centre main entrance lobby. After the weekend of the swim meet, lost and found items not claimed will be donated to a local charity.

**Vendors:**

Esquire will be located on the pool deck beside entrance to TCC main lobby on Thursday, July 11<sup>th</sup> – Saturday, July 13<sup>th</sup>.

Team Aquatics will be located in the Breezeway between TCC Track building and Aquatic facility on Thursday, July 11<sup>th</sup> – Saturday, July 13<sup>th</sup>.

## VOLUNTEERS

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We are grateful to those local and visiting officials and volunteers that have already stepped forward to commit their time to making this meet a success. If anyone else is still interested in volunteering, please have them fill in the following form:

[Officials and Volunteer Sign-Up Form](#)

All officials and volunteers should check in at the aquatics entrance on the South side of the building in the upper parking lot.

All volunteers and officials are required to wear the appropriate Swim BC provided t-shirt/polo.

## WHAT IF I NEED ASSISTANCE?

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The Canada Games Aquatic Centre lifeguards and front desk staff will be happy to assist you. Please report any concerns about facility cleanliness or washroom supplies to facility staff or event organizers. For emergencies, dial 911 alert facility staff immediately.

In the event of an emergency the following procedures will take place:

- Look to the nearest lifeguard
- **Follow the lifeguard's directions or lifeguard announcements**
- In the event of an evacuation, exit via the nearest exit.
- Coaches: take attendance to ensure all swimmers are accounted for.
- Gather at the designated Muster Point – exit facility and proceed to the front of the building near the flagpole.



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## PROVINCIAL CHAMPIONSHIP TAPING APPROVAL FORM

Date: \_\_\_\_\_ Competition: \_\_\_\_\_ Sanction #: \_\_\_\_\_  
Time: \_\_\_\_\_

The following athlete presented their taping for approval to the competition committee:

Name: \_\_\_\_\_ Club: \_\_\_\_\_

Age: \_\_\_\_\_ MALE FEMALE

Description of Taping:

Event	Heat	Lane

Committee Approval: YES NO

Coach/Representative Signature: \_\_\_\_\_

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## SPONSORS

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Best Western Kamloops Hotel



Tourism Kamloops



# kamloops

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## MUST-SEE ATTRACTIONS

[BC Wildlife Park](#)

[APEX Adventureplex](#)

[Fun Factor](#)

[Kamloops Museum](#)

[Kamloops Film Society](#)

[Kamloops Farmers Market](#)  
Wednesday and Saturday

[SEE MORE](#)

## FREE THINGS TO DO

Spot the [Hoodoos](#)

Explore by [Geocaching](#)

Hunt for [Murals Downtown](#)

[Hiking in Kamloops](#)

Go [birdwatching](#)

[SEE MORE](#)

## EVENTS SNAPSHOT

[Kamloops Northpaws Game](#)  
July 11

[Music in the Park](#)  
July 11 - 14

[Theatre Under the Trees](#)  
July 12 & 13

[Stand Up Comedy Tour](#)  
July 13

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